

### ABSTRACT OF THE DISCLOSURE

A method and apparatus for enabling repeated switching of a cross-connect and a timing source in a network element through the use of a phase adjuster. In one embodiment, a traffic card includes an aligner to adjust the occupancy of the data in two ingress FIFOs to synchronize their occupancy. In addition, the traffic card includes a clock control logic, including a phase adjuster, to adjust the phase of clock signals driving the two ingress FIFOs to avoid an underflow or overflow.